
NORTH DAKOTA

MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY

2003

Table 2f. Percentage of Middle School Students Who Had Rarely or Never Worn Seatbelts* and Who Had Ever Ridden in a Car with a Driver Who Had Been Drinking Alcohol, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI [†] (±)	%	CI (±)	%	CI (±)
Rarely or never wore seat belts						
Race/Ethnicity						
White [§]	16.4	3.7	8.9	2.4	12.8	2.5
Black [§]	— [¶]	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	23.6	8.6
Grade						
6	—	—	—	—	—	—
7	15.7	4.5	9.5	4.8	12.7	3.2
8	19.4	4.5	11.5	3.8	15.6	3.8
Total	17.6	3.5	10.5	3.5	14.1	2.9
Rode with a driver who had been drinking alcohol						
Race/Ethnicity						
White	Question Not Asked					
Black						
Hispanic						
Other						
Grade						
6	Question Not Asked					
7						
8						
Total	Question Not Asked					

*When riding in a car.

†95% confidence interval.

§Non-Hispanic.

¶Not available.

Table 3f. Percentage of Middle School Students Who Had Rarely or Never Worn Bicycle Helmets* or Rollerblade or Skateboard Helmets,† by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Rarely or never wore bicycle helmets						
Race/Ethnicity						
White [¶]	84.9	3.9	85.0	3.9	85.0	3.4
Black [†]	— ^{**}	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	92.2	5.6
Grade						
6	—	—	—	—	—	—
7	85.2	4.8	79.4	7.2	82.4	5.5
8	87.4	5.0	91.5	4.0	89.4	3.7
Total	86.3	4.0	85.3	4.1	85.8	3.6
Rarely or never wore a helmet when using rollerblades or riding a skateboard						
Race/Ethnicity						
White	85.3	4.4	88.0	3.6	86.8	3.5
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	88.8	6.0
Grade						
6	—	—	—	—	—	—
7	83.3	6.1	82.4	6.9	82.8	6.1
8	88.9	4.4	93.0	2.4	91.1	2.6
Total	86.1	4.0	87.8	3.6	87.0	3.4

*Among the 92.6% of students who had ridden a bicycle.

†Among the 75.4% of students who had used rollerblades or ridden a skateboard.

§95% confidence interval.

¶Non-Hispanic.

**Not available.

Table 4f. Percentage of Middle School Students Who Had Ever Carried a Weapon,* Who Had Ever Been in a Physical Fight, and Who Had Ever Been Hurt in a Physical Fight,† by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Carried a weapon						
Race/Ethnicity						
White [¶]						
Black [†]						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Were in a physical fight						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Were hurt in a physical fight						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						

Question Not Asked

Question Not Asked

Question Not Asked

*For example, a gun, knife, or club.

†Had to be treated by a doctor or nurse.

§95% confidence interval.

¶Non-Hispanic.

Table 5f. Percentage of Middle School Students Who Had Ever Seriously Thought About Killing Themselves, Who Had Ever Made a Plan About How To Kill Themselves, and Who Had Ever Tried To Kill Themselves, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Seriously thought about killing themselves						
Race/Ethnicity						
White [†]						
Black [†]						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Made a plan about how to kill themselves						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Tried to kill themselves						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						

*95% confidence interval.

[†]Non-Hispanic.

Table 6f. Percentage of Middle School Students Who Had Ever Smoked Cigarettes, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Lifetime cigarette use[†]						
Race/Ethnicity						
White [§]	30.5	3.2	26.0	4.9	28.3	3.2
Black [§]	— [¶]	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	66.5	11.5
Grade						
6	—	—	—	—	—	—
7	27.7	6.6	28.2	7.4	27.9	6.1
8	41.5	5.4	34.0	8.7	37.8	5.8
Total	34.6	4.0	31.2	6.3	32.9	4.4
Lifetime daily cigarette use^{**}						
Race/Ethnicity						
White	3.6	1.3	3.5	1.4	3.6	0.9
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	17.4	8.0
Grade						
6	—	—	—	—	—	—
7	3.8	2.2	3.7	1.8	3.8	1.4
8	7.0	2.6	7.2	3.3	7.1	2.3
Total	5.5	1.5	5.4	1.9	5.5	1.3

*95% confidence interval.

[†]Ever tried cigarette smoking, even one or two puffs.[§]Non-Hispanic.[¶]Not available.^{**}Ever smoked at least one cigarette every day for 30 days.

Table 7f. Percentage of Middle School Students Who Smoked Cigarettes, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Current cigarette use[†]						
Race/Ethnicity						
White [§]	5.6	2.0	7.4	2.1	6.4	1.6
Black [§]	— [¶]	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	30.0	7.2
Grade						
6	—	—	—	—	—	—
7	4.8	2.6	8.8	5.2	6.8	2.9
8	10.0	3.5	14.1	5.0	12.0	3.4
Total	7.5	2.1	11.6	4.1	9.5	2.6
Current frequent cigarette use^{**}						
Race/Ethnicity						
White	1.9	1.3	1.5	0.9	1.7	0.8
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	9.9	5.9
Grade						
6	—	—	—	—	—	—
7	1.5	1.4	1.7	1.2	1.6	1.0
8	4.2	2.1	3.9	2.2	4.1	1.8
Total	2.9	1.3	2.8	1.3	2.8	1.1

*95% confidence interval.

†Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

§Non-Hispanic.

¶Not available.

**Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

Table 8f. Percentage of Middle School Students Who Used Smokeless Tobacco,* Smoked Cigars,[†] and Used Any Tobacco Product,[§] by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI [¶] (±)	%	CI (±)	%	CI (±)
Current smokeless tobacco use						
Race/Ethnicity						
White**	5.1	1.8	1.3	0.8	3.3	1.0
Black**	— ^{††}	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	3.2	3.0
Grade						
6	—	—	—	—	—	—
7	3.4	2.4	1.8	1.3	2.6	1.4
8	6.9	2.2	1.1	0.8	4.0	1.2
Total	5.2	1.7	1.4	0.8	3.3	1.0
Current cigar use						
Race/Ethnicity						
White	3.5	1.5	2.8	1.0	3.2	1.0
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	9.8	4.9
Grade						
6	—	—	—	—	—	—
7	1.9	1.5	3.4	1.7	2.6	1.0
8	6.0	2.1	4.9	2.0	5.5	1.7
Total	4.0	1.3	4.1	1.4	4.1	1.0
Current tobacco use						
Race/Ethnicity						
White	9.5	2.2	8.6	2.3	9.1	1.7
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	30.8	7.0
Grade						
6	—	—	—	—	—	—
7	7.3	3.3	10.5	5.2	8.9	3.1
8	14.7	3.7	14.6	5.0	14.6	3.7
Total	11.1	2.3	12.6	4.0	11.8	2.7

*Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.[†]Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.[§]Reported current cigarette use, current cigar use, or had used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.[¶]95% confidence interval.

**Non-Hispanic.

^{††}Not available.

Table 9f. Percentage of Middle School Students Who Had Ever Had a Drink of Alcohol,* Who Had Ever Used Marijuana, and Who Had Ever Used Cocaine,† by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Lifetime alcohol use						
Race/Ethnicity						
White [¶]						
Black [¶]						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Lifetime marijuana use						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Lifetime cocaine use						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						

*Ever had a drink of alcohol, other than a few sips.

†Ever used any form of cocaine (e.g., powder, “crack,” or “freebase”).

§95% confidence interval.

¶Non-Hispanic.

Table 10f. Percentage of Middle School Students Who Had Ever Used Inhalants* and Who Had Ever Used Steroids, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI† (±)	%	CI (±)	%	CI (±)
Lifetime inhalant use						
Race/Ethnicity						
White§						
Black§						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Lifetime steroid use						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						

Question Not Asked

Question Not Asked

*Sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high.

†95% confidence interval.

§Non-Hispanic.

Table 11f. Percentage of Middle School Students Who Had Initiated Drug-Related Behaviors Before Age 11 Years, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Smoked a whole cigarette before age 11 years						
Race/Ethnicity						
White [†]	7.1	2.5	5.7	1.7	6.5	1.6
Black [†]	— [§]	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	27.1	8.3
Grade						
6	—	—	—	—	—	—
7	6.3	4.0	8.0	4.9	7.1	4.0
8	11.7	3.9	10.0	4.0	10.9	2.6
Total	9.1	3.0	9.0	3.3	9.0	2.7
Had first drink of alcohol before age 11 years[†]						
Race/Ethnicity						
White	16.3	3.3	10.7	2.5	13.6	2.5
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	19.7	4.5
Grade						
6	—	—	—	—	—	—
7	14.5	4.1	12.7	3.8	13.6	2.9
8	18.6	4.1	11.1	3.6	14.9	3.4
Total	16.6	3.0	11.9	2.8	14.3	2.4
Tried marijuana before age 11 years						
Race/Ethnicity						
White	3.0	1.3	1.4	0.9	2.2	0.7
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	13.3	6.2
Grade						
6	—	—	—	—	—	—
7	4.9	3.0	1.1	1.2	3.0	1.6
8	4.4	2.6	3.9	2.3	4.2	1.8
Total	4.6	2.5	2.5	1.4	3.6	1.3

*95% confidence interval.

[†]Non-Hispanic.

[§]Not available.

[¶]Other than a few sips.

Table 12f. Percentage of Middle School Students Who Had Engaged in Sexual Behaviors, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Ever had sexual intercourse						
Race/Ethnicity						
White [†]						
Black [†]						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Had first sexual intercourse before age 11 years						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Had ≥ 3 sex partners						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						

*95% confidence interval.

†Non-Hispanic.

Table 13f. Percentage of Middle School Students Who Had Used a Condom During Last Sexual Intercourse and Who Had Ever Been Taught About Acquired Immunodeficiency Syndrome (AIDS) or Human Immunodeficiency Virus (HIV) Infection in School, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Used condom during last sexual intercourse						
Race/Ethnicity						
White†						
Black†						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Had been taught in school about AIDS or HIV infection						
Race/Ethnicity						
White	85.8	3.5	85.0	3.6	85.5	3.1
Black	— [§]	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	80.2	5.9
Grade						
6	—	—	—	—	—	—
7	85.0	6.2	81.8	5.7	83.4	5.4
8	84.6	3.8	87.5	3.3	86.0	2.8
Total	84.9	3.8	84.7	3.4	84.8	3.2

*95% confidence interval.

†Non-Hispanic.

§Not available.

Table 14f. Percentage of Middle School Students Who Had Participated in Sufficient Vigorous Physical Activity,* Who Had Played on Any Sports Teams,† and Who Had Watched ≥ 3 Hours per Day of TV,§ by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

	Male		Female		Total							
Question	%	CI [¶] (±)	%	CI (±)	%	CI (±)						
Participated in sufficient vigorous physical activity												
Race/Ethnicity												
White**	83.8	3.0	80.6	2.8	82.2	2.3						
Black**	— ^{††}	—	—	—	—	—						
Hispanic	—	—	—	—	—	—						
Other	—	—	—	—	73.7	7.1						
Grade												
6	—	—	—	—	—	—						
7	84.8	4.2	80.2	4.3	82.5	3.0						
8	80.5	4.4	78.7	3.7	79.6	3.3						
Total	82.7	3.1	79.3	2.8	81.0	2.2						
Played on any sports teams												
Race/Ethnicity												
White	Question Not Asked											
Black												
Hispanic												
Other												
Grade												
6	Question Not Asked											
7												
8												
Total	Question Not Asked											
Watched ≥ 3 hours per day of TV												
Race/Ethnicity												
White	33.1	3.4	27.4	3.7	30.3	2.6						
Black	—	—	—	—	—	—						
Hispanic	—	—	—	—	—	—						
Other	—	—	—	—	34.5	7.0						
Grade												
6	—	—	—	—	—	—						
7	35.4	5.2	28.0	4.7	31.8	3.1						
8	33.1	4.2	26.9	4.1	30.1	3.4						
Total	34.3	3.5	27.4	3.1	30.9	2.4						

*Exercised or participated in physical activities that made them sweat and breathe hard for ≥ 20 minutes on ≥ 3 of the 7 days preceding the survey (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

†Run by their school or community groups.

§On an average school day.

¶95% confidence interval.

**Non-Hispanic.

††Not available.

Table 15f. Percentage of Middle School Students Who Were Enrolled in Physical Education (PE) Class* and Attended PE Class Daily,[†] by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Were enrolled in PE class						
Race/Ethnicity						
White [¶]	91.6	3.5	90.6	2.7	91.1	2.8
Black [†]	— ^{**}	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	86.1	6.5
Grade						
6	—	—	—	—	—	—
7	89.8	5.1	91.1	4.6	90.4	4.6
8	91.6	4.1	88.9	3.9	90.3	3.3
Total	90.7	3.4	90.0	3.1	90.3	3.0
Attended PE class daily						
Race/Ethnicity						
White	33.8	6.6	34.2	6.8	34.0	6.2
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	44.7	20.6
Grade						
6	—	—	—	—	—	—
7	30.3	9.5	32.9	12.1	31.6	10.4
8	36.8	10.8	39.8	11.7	38.3	10.6
Total	33.5	7.0	36.4	8.1	34.9	7.1

*On one or more days in an average week when they were in school.

[†]5 days in an average week when they were in school.

[§]95% confidence interval.

[¶]Non-Hispanic.

^{**}Not available.

Table 16f. Percentage of Middle School Students Who Were at Risk for Becoming* or Were Overweight,[†] by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
At risk for becoming overweight						
Race/Ethnicity						
White [¶]	18.3	4.0	13.5	3.3	16.0	2.4
Black [†]	— ^{**}	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	24.1	7.6
Grade						
6	—	—	—	—	—	—
7	17.8	4.5	18.2	6.5	18.0	4.7
8	18.5	5.0	13.4	5.0	16.1	2.4
Total	18.2	3.6	15.5	4.5	16.9	2.8
Overweight						
Race/Ethnicity						
White	14.4	2.7	7.2	2.3	11.0	1.9
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	12.6	5.7
Grade						
6	—	—	—	—	—	—
7	18.6	4.6	10.4	3.7	14.6	3.2
8	9.6	2.7	6.7	2.9	8.2	2.1
Total	13.6	2.4	8.3	2.6	11.0	1.8

*Students who were \geq 85th percentile but $<$ 95th percentile for body mass index, by age and sex, based on reference data.

[†]Students who were \geq 95th percentile for body mass index, by age and sex, based on reference data.

[§]95% confidence interval.

[¶]Non-Hispanic.

^{**}Not available.

Table 17f. Percentage of Middle School Students Who Described Themselves as Slightly or Very Overweight and Who Were Trying To Lose Weight, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Described themselves as overweight						
Race/Ethnicity						
White [†]	25.7	3.5	36.5	3.4	30.9	2.7
Black [†]	— [§]	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	38.1	8.2
Grade						
6	—	—	—	—	—	—
7	26.9	4.6	34.4	5.2	30.6	3.6
8	26.0	3.8	39.2	4.7	32.5	3.7
Total	26.5	3.1	36.8	3.2	31.5	2.4
Were trying to lose weight						
Race/Ethnicity						
White	33.8	3.9	61.7	2.9	47.1	2.9
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	50.9	7.7
Grade						
6	—	—	—	—	—	—
7	35.1	6.0	58.7	4.8	46.7	3.4
8	35.7	4.6	61.7	4.6	48.4	3.8
Total	35.5	4.5	60.3	3.2	47.6	2.8

*95% confidence interval.

[†]Non-Hispanic.

[§]Not available.

Table 18f. Percentage of Middle School Students Who Had Ever Engaged in Healthy Behaviors Associated with Weight Control To Lose Weight or To Keep from Gaining Weight, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight						
Race/Ethnicity						
White†						
Black†						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Exercised to lose weight or to keep from gaining weight						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						

Question Not Asked

Question Not Asked

*95% confidence interval.

†Non-Hispanic.

Table 19f. Percentage of Middle School Students Who Had Ever Engaged in Unhealthy Behaviors Associated with Weight Control To Lose Weight or To Keep from Gaining Weight, by Sex, Race/Ethnicity, and Grade—North Dakota, Middle School Youth Risk Behavior Survey, 2003

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Went without eating for \geq 24 hours to lose weight or to keep from gaining weight						
Race/Ethnicity						
White [†]						
Black [†]						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight[§]						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						
Vomited or took laxatives to lose weight or to keep from gaining weight						
Race/Ethnicity						
White						
Black						
Hispanic						
Other						
Grade						
6						
7						
8						
Total						

*95% confidence interval.

[†]Non-Hispanic.

[§]Without a doctor's advice.